

Supporting Gifted Children with Perfectionism

Practical Strategies for Parents

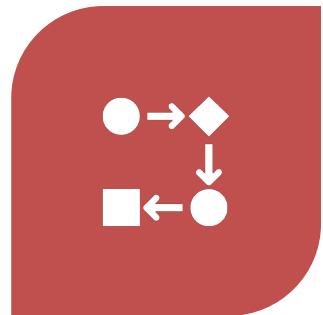
1. Emphasize Effort Over Outcome

Praise the process,
not just the result.

Say: 'I'm proud of
how hard you
worked,' instead of
'You're so smart.'

Helps children
value persistence
and learning.

2. Normalize Mistakes



SHARE YOUR OWN
MISTAKES AND LESSONS
LEARNED.



FRAME ERRORS AS
OPPORTUNITIES TO GROW.



ENCOURAGE A GROWTH
MINDSET.

3. Set Realistic Expectations



Avoid expecting
excellence in
everything.



Help set achievable
goals.



Celebrate progress,
not just perfection.

4. Encourage Diverse Interests



SUPPORT HOBBIES
BEYOND ACADEMICS.



SUCCESS ISN'T ALWAYS
MEASURED BY GRADES.



BUILD A WELL-
ROUNDED IDENTITY.

5. Teach Self-Compassion



Help develop a kind inner voice.



Model self-compassion in your behavior.



Promote emotional resilience.

6. Avoid Labels Like 'Gifted' as Identity

Don't make giftedness central to identity.

Focus on the whole child, not just abilities.

7. Create a Safe Space for Failure



Let home be a judgment-free zone.



Encourage experimentation and curiosity.

8. Reframe Mistakes as Learning Opportunities



MISTAKES ARE PART OF LEARNING.



ASK: 'WHAT DID YOU LEARN?' OR 'WHAT
WOULD YOU TRY DIFFERENTLY?'

9. Set 'Good Enough' Standards



Define what 'good enough' looks like.



Not every task needs to be perfect.



Timely completion can be the goal.

10. Break Tasks into Manageable Steps



Big projects can be overwhelming.



Break into smaller, achievable parts.



Celebrate each step.

11. Use Time Limits



PREVENT OVER-EDITING OR
OBSESSING.



EXAMPLE: 'SPEND 30 MINUTES ON
THIS DRAFT, THEN TAKE A BREAK.'

12. Model Balanced Achievement



Share stories of success
without perfection.



Consistency and effort
matter more.

13. Encourage Risk-Taking in Learning



Praise attempts at challenging tasks.



Build resilience and reduce fear of failure.

14. Communicate with Teachers



Share concerns about
perfectionism.

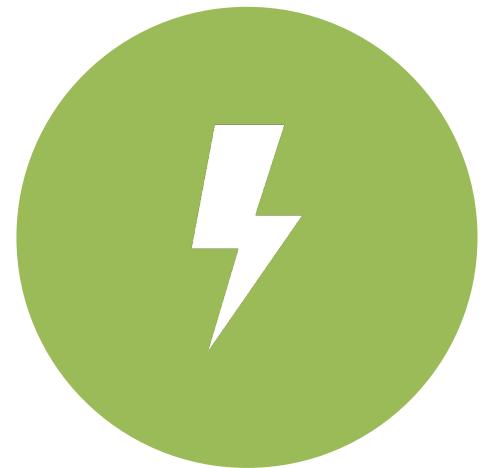


Teachers can offer reassurance
and flexible feedback.

15. Celebrate Effort and Curiosity



LEARNING IS MORE IMPORTANT THAN GRADES.



ASK: 'WHAT WAS THE MOST INTERESTING THING YOU LEARNED TODAY?'

16. Watch for Perfectionist Behaviours



Signs: procrastination, fear of failure, self-criticism.



Avoiding challenges may be a red flag.



Respond gently and supportively.